

**MENTAL HEALTH COMMISSION
EXECUTIVE COMMITTEE MEETING MINUTES
February 22, 2023 - FINAL**

Agenda Item / Discussion	Action /Follow-Up
<p>I. Call to Order / Introductions Chair, Cmsr. Laura Griffin called the meeting to order @ 3:38 pm</p> <p><u>Members Present:</u> Chair, Cmsr. Laura Griffin, District V Vice-Chair, Cmsr. Douglas Dunn, District III Cmsr. Leslie May, District V Cmsr. Pamela Perls, District II</p> <p><u>Members Absent:</u> Cmsr. Barbara Serwin, District II</p> <p><u>Other Attendees:</u> Angela Beck Jen Quallick, Supv Candace Andersen’s Ofc</p>	<p>Meeting was held via Zoom platform</p>
<p>II. PUBLIC COMMENTS:</p> <ul style="list-style-type: none"> • (Jen Quallick) Problem with the meeting links for Zoom. NOTE: EA will need to troubleshoot with IT why the link is incorrect. 	
<p>III. COMMISSIONERS COMMENTS:</p> <ul style="list-style-type: none"> • (Cmsr. Perls) Sent an email regarding a news article to the EA last minute about Alameda county forming a mental health advisory group with the DA (District Attorney). I thought it was a wonderful idea, given the fact that Care Court is coming up and all sorts of questions have arised from that. I thought we might want to check into this and see if we could replicate, given the problems we have been having with the Board of Supervisors (BOS) and getting data and so on. It thought it was an awfully interesting development. (RESPONSE: Jen Quallick) Just point of reference, it is not the BOS, they are not withholding info, it is the consent decree and the material contained within that legal document. 	
<p>IV. COMMITTEE CHAIR ANNOUNCEMENTS/COMMENTS:</p> <p>Transitioning to in person meetings (Hybrid) on March 1, 2023 to abide by the new Brown Act Teleconference rules. Our meeting on March 1 will be at 1340 Arnold Drive, Suite 126 conference room. (Angela Beck) It might be in Suite 200 if the camera does not get installed. I am working with IT to ensure the conference room in 126 is completely hybrid capable.</p> <p>Secondly, we are happy to announce that we have nominated Cmdrs.. Payne and Cohen to be considered to join the Measure X review panel and will be announcing this at the commission meeting on March 1. I will be submitting their names to the county administrator later on tonight with a brief description and reasons for the recommendation. Good luck to them both. We would like to thank them for their service and volunteering.</p> <p>Lastly, please remember to keep comments to the two (2) minute time limit. I will be introducing the time clock feature to our screen and it will</p>	

<p>show the countdown for each speaker. I think that will be a great improvement in ensuring everyone has the same amount of time and keeping it fair and on track.</p>	
<p>V. APPROVE minutes from January 24, 2023, Executive Committee meeting; and minutes from the February 13, 2023 Special Executive Meeting:</p> <ul style="list-style-type: none"> • Cmsr. L. May motioned to approve the minutes for January 24th as written. • Seconded by L. Griffin <p>Vote: 3-0-1 Ayes: L. Griffin (Chair), D. Dunn (Vice-Chair), L. May Abstain: P. Perls</p> <ul style="list-style-type: none"> • Cmsr. L. May motioned to approve the minutes for February 13th as written. • Seconded by D. Dunn <p>Vote: 3-0-1 Ayes: L. Griffin (Chair), D. Dunn (Vice-Chair), L. May Abstain: P. Perls</p>	<p>http://cchealth.org/mentalhealth/mhc/agendas-minutes.php</p>
<p>VI. DISCUSS the end of the current State of Emergency and new remote participation rules (Assembly Bill 2449), effective March 1, 2023. How will this affect commissioners and commission meetings? Commissioners Douglas Dunn and Laura Griffin</p> <p>➤ UPDATE on the letter sent to the Board of Supervisors (BOS) requesting that the MHC be allowed to continue meeting virtually, Commissioner Laura Griffin</p> <p>I think we have most of the ‘bugs’ worked out here and I think we will be able to accommodate everyone. Of course, at first, it is a shock to all of us. As we settle in, we will get used to the new rules. As mentioned before, we will be meeting March 1 at the office on Arnold Drive and we will let you know exactly the room it will be in. We hope to have everything up and running as for the hybrid system. We will be testing it out and ensuring we have it working.</p> <p>I have received a lot of responses from commissioners stating if this goes into effect and we all have to abide by it, they would step down / quit. Bottom line, after reviewing Supervisor Gioia’s letter response back to us and the reality of the situation, we don’t want to lose anyone, but everyone needs to do what is right for them. We will support either way.</p> <p>Questions and Comments:</p> <p>(Cmsr. May) As I said, I will really have to reconsider. I have the type of position that I work with very sensitive clients and looking at my schedule, I have four new clients and when I first receive clients, they are typically very traumatized with lack of trust, suicidal / suicide ideation, I have mentioned before many of my clients need a ‘step-down’ or interim place to stay until they are able to face their parents/families after some intense therapy. My longer standing clients, I have some flexibility to move them on my schedule but the newer clients, I have less flexibility.</p>	

I am also unable to just leave after an hour long appointment if the client is not stable. It is going to be very difficult to accommodate both my client schedule and the meetings in person.

(Cmsr. Dunn) To add to Cmsr. May's statement. Supervisor Gioia's letter, he stated that IT is working on setting up the BOS offices to accommodate the MHC and that we can go there. It is a physical location that Commissioners can meet remotely in that office in his district. I also have a lot going in my life and my health has taken a down turn and I am trying to hang in there but at the same time, I will probably go to Supervisor Glover's office if it is available.

(Cmsr. Griffin) Cmsr. Dunn and I wrote a letter to Supervisor Gioia and the other supervisors requesting that they take a second look and possibly exempt us from abiding by these new rules. He very graciously responded back to us and I still need to respond to him. I am working on the letter right now. Basically it is out of their hands, it is legislation from the state that can't be changed by the BoS. In that letter, he graciously offered his office as to be a 'satellite' office where the commissioner's in his district can join in that office. As long as it's posted on the agenda, then it qualifies as a place to meet in person and we can meet our 'in person' quorum count. (Discussion of in-person quorum at the main meeting location and satellite offices, not in clear agreement on interpretation. Cmsr. Griffin and Jen Quallick to get further clarification through the CAO's office and county counsel. Updates will follow).

(Cmsr. Dunn) Just to pass on, I have been working with Cmsr. Griffin (and I'll admit it's a 'hail Mary') we have sent letters to Governor Newsom, to our state legislators (both assembly and senate) asking if they can work out a way to meet through zoom, please do so. Based on the letter we sent to the BOS to try to expand and sent on to the state representatives.

(Cmsr. Griffin) That is a great idea and I am all behind that effort but for now, we have to continue meeting as they have mandated until they pass some updates to this.

(Cmsr. May) The MHC meeting has to be held a location with at least seven (7) commissioners at the locations. What about the committee meetings? They are going to make us meet in person? (Cmsr. Griffin) Yes, because they all fall under the Brown Act.

(Cmsr. May) I am likely going to have to bow out gracefully between the commission meeting and the finance and executive committee meetings and with my schedule (lists times), there is no way I will be able to drive to, attend and drive back to the meetings between clients.

(Cmsr. Griffin) I hear you Cmsr. May. I think that is one of the things that makes it so frustrating, how strict the rules are and how quickly we have to conform. There are many of us, like you, that aren't retired and sitting at home. They have jobs, day care issues, school. The only other thing we haven't spoken to but do we change these meetings to evening times (don't panic Angela), but all these questions come up and what can we do to accommodate our commissioners and make it so that everyone can attend.

That is what we are faced with and was hoping Supervisor Gioia would take into consideration. I understand the BOS doesn't have the power for that and we will have to work it out. Not quite sure how it will look yet.

(Jen Quallick) we are all bugged by it, I have to say that Supervisor Andersen goes to San Francisco and ABAG (Association of Bay Area Governments) doesn't wrap up until 10:00pm and has to drive home. I know myself and Cmsr. May, when we finish this meeting at 5:00pm in Martinez, we will be sitting on the road for an hour and half back to Antioch. You would think that through COVID and us learning how to better facilitate and work our time, work / life balance and technology that someone during window would have had the good sense to develop a bill within that three year span, and here we are. I am a thousand percent behind you guys, all of this makes no sense to me. This is the most participatory commission because of the Zoom platform. This is a commission made up of volunteers. They are not being paid for their time and they are being punished and forced to be in-person and makes no sense.

(Cmsr. Dunn) The California state legislature had a bill last year that would have kept how we were operating in effect until 2030. The hope was that people would get so used to this that it would be made permanent. Unfortunately, the powers that be in Sacramento, it couldn't get any traction and they came up with 2449 and a lot had to do with persons like Sacramento Bee columnist Dan Walters 'we need to meet in public' and see the 'whites in their eyes' I am sorry, their mindset is stuck in the 20th century pre-COVID and it has show with COVID, we do not need it to be effective.

(Cmsr. Griffin) I don't know where we go from here except to go forward and try to do the best we can and hopefully some of these letters, someone will hear us somewhere.

(Cmsr. May) I will file a discrimination lawsuit against the state of California, I've already spoken to an attorney and told him I've been with the commission since January 2017 and love the work I do. I am passionate about it. We really need advocates across all mental health issues but my passion is for those rescued from sex trafficking and survivors of sexual assault. The movement is picking up in California and full steam. I want to continue to that voice and for the several mentally ill (SMI) and I feel it is a violation of my rights as a person that has served on this board and I now have to change my whole life to stay on participating in this advocacy. I have to stop serving clients to go sit in a meeting in person when I can do this on zoom and continue supporting clients.

(Cmsr. Griffin) I think we fell through the cracks on this one and Sacramento, the Governor and our legislatures just missed the ball on this. Jen, I appreciate you at least getting clarification on the satellite offices and that will help to some extent. If it doesn't allow us to meet quorum, we will have some problems and not sure if we will have a meeting.

(Jen Q.) You might not and then that speaks volumes and we will have to go from there. The BOS will not have any power to do anything about it, it is a state provision

<p>(Cmsr. May) but the state, if they find out, especially our governing board and if Theresa Comstock state that we have had to shut down because of lack of quorum, then we can get her to go to bat.</p> <p>(Jen Quallick) well the BOS would report it and state that at this point in time we don't have a commission to represent the county because of sudden change in law and resignations. (Cmsr. Griffin) that might be our only route at this point.</p>	
<p>VII. UPDATES February is African American History Month, Commissioner Leslie May</p> <ul style="list-style-type: none"> ➤ February 7th BOS proclaiming February 12-18, 2023 as African American Mental Health Awareness Week, February 15th as Miles Hall Day of Remembrance, and March 8th as Tyrell Wilson Day of Remembrance <p>The BOS proclaimed February 12-18, 2023 as African American Mental Health Awareness Week; February 15 as Miles Hall Day of Remembrance and March 8 as Tyrell Wilson Day of Remembrance. Those are all well and good, but I still feel that we as a commission, should just recognize this entire month (the shortest month of the year) is Black History Month and that it is hard. I know that NAMI (National Alliance on Mental Illness) was involved with the Miles Hall Day of Remembrance and unsure if they gave out any awards this month for Black History month, other than speak to the Miles Hall Crisis Center. I guess Cmsr. Dunn will speak to this.</p> <p>(Cmsr. Dunn) NAMI Contra Costa (CC) doesn't have a financial award or grant. Basically proclamations and they will do something special on each day to honor the lives of these individuals who senselessly lost their lives because of their severe mental illness (SMI).</p> <p>(Cmsr. May) What I would love to see, starting next year, if we can present the BOS (not knowing if this is possible) where we can have one day that month, where we would have a celebration at a location of Black History, whether it's artists, performers, singers. Celebrate local African American artists here in East County or within the entire county. Have one day to celebrate and have an event with refreshments, demonstrations and displays, the artists could even sell their wares and art. One day in February next year to get this to be an annual event.</p> <p>(Cmsr. Griffin) I agree, Cmsr. May. We are missing out. NAMI is doing a lot of events this month and the commission hasn't done any. I thought about that and though it's not too good. This would be the perfect idea. We should bring it up at the commission meeting and at future meetings, get a committee ready to work on this. Before you know it, it will be here again. You can't wait, it takes time to organize these events. I'm not sure if we are going to have our retreat and if we could make that more focused on African American folks in our community. I'm not sure if we are really going to do a retreat this year, so we shall see.</p> <p>(Cmsr. May) There is another woman out here that has a severe diagnosis, takes medication, etc. This woman's artwork, she stated this is what helps her. The painting this woman makes are unbelievable. She sold them, she didn't want to, but her friend said, 'let me sell these, I'll put the in art</p>	

<p>galleries for you” and she is making money but she has SMI and medication compliant; but she still feels different and uses art to release all these emotions and feelings. So, in summer we might want to start. We had a summer event and get an area to have a festival on a weekend. We need people to see our commission and be recognized and respected. When they see a face with the organization, it is good recognition.</p> <p>Questions and Comments:</p> <ul style="list-style-type: none"> • (Jen Quallick) Just to piggyback on Cmsr. May’s thoughts. You mentioned the retreat and I forgot that we did not have a retreat this year and ordinarily do you all turn in an annual report to the BOS? (RESPONSE: Cmsr. Griffin) Yes. • (Jen Quallick) At the retreat, you guys could then highlight what you would want to tackle for this given year and that, then, would be perfect to say “in this given month, we are having this festival, or at the community markets the MHC could come out quarterly and host informational things where people become more familiar with what the services are. 	
<p>VIII. DISCUSS Anna Roth’s February 2023 Director’s Report regarding Detention Health monitoring survey conducted January 30-February 2, 2023 Detention Health Audit, Commissioner Laura Griffin</p> <p>There was a survey conducted between January 30 and February 2 of this year. It was called the detention health audit and that is all that was said in the report. I wanted more information on it because I thought maybe it might work into the data collection that we are trying to tap into that. I reached out to Dr. Tavano to make sure I was reaching out to the right person. She told me to reach out to Lavonna Martin and I did to just find out more, if she could present to us, give us more details on what this audit entailed. I haven’t heard back yet but wanted to put it out there and that I’m looking into that. It will be on the March 1 agenda also.</p>	
<p>IX. DISCUSS next steps re: data collection for mental health diagnoses in the CCC Jail Population, Commissioner Barbara Serwin</p>	<p><i>Cmsr. Serwin could not make the meeting; agenda item tabled for next meeting.</i></p>
<p>X. DISCUSS BHS 2023-2024 Budget, Commissioner Douglas Dunn (on behalf of Commissioner Barbara Serwin)</p> <ul style="list-style-type: none"> • BHS budget priorities • MHC budget concerns and priorities • Next steps <p>I added one more item to our budget expenditure priorities. The critically important 45 bed mental health rehabilitation centers (MHRC) for LPS conservatees, to start brining these person currently (anywhere from) 110-150 person per year in locked treatment facilities from Bakersfield to Eureka. That is what I added to our list.</p>	

<p>XI. UPDATE on Behavioral Health Continuum Infrastructure (BHCIP) Round 5. What did County Behavioral Health file for? Dr. Suzanne Tavano</p> <p>(Cmsr. Griffin) Dr. Tavano did tell me she would be here today. I spoke to here yesterday afternoon and said she would be here today. We will postpone this item.</p> <p>(Cmsr. Dunn) Just to add to this, in my revised write up, I indicated what items were applied for in the BHCIP (Behavioral Health Continuum Infrastructure Project) Round 5 and I know almost for certain that the Concord Crisis Residential Facility, as well as a facility in West County that would replace Nevin House was in the application and also the 45 person MHRC.</p>	<p><i>Dr. Tavano was not present; therefore this agenda item was tabled</i></p>
<p>XII. UPDATE on new commissioners, committee assignments and meeting schedule, Angela Beck, MHC Executive Assistant</p> <p>We currently have a new commissioner, District III, Seat 2 – Skyelar Cribbs. We need to add her to the welcome to the commission on the agenda. We are only down members. We have a vacancy in District I, Seat 1 and District IV, Seat 1. I do not have a status, only that there is one good candidate for District IV that has been at all the meetings thus far.</p> <p>We have the committee memberships. Finance, we have two openings. Justice is full, Quality of Care is full.</p> <p>Questions and Comments:</p> <ul style="list-style-type: none"> • (Cmsr. Griffin) How many members on Quality of Care? • (Angela Beck) Cmsr. Perls is on the Justice committee. She can attend Quality of Care but not as a committee member. That opens up one slot in Quality of Care and we have moved Dr. Shires into QOC. We can only have one committee per commissioner. • (Cmsr. Dunn) You have Cmsr. Loveday Cohen on the Finance Committee, but has not been attending the meetings I have been chairing so I don't know how her name go on the committee. • (Angela Beck) She put her hat in for that committee and attended yesterday but was having trouble staying connected due to the wind, but that was justices. She is listed on Justice. So then we need members on finance. (Cmsr. Griffin) let's work on that offline. 	
<p>XIII.DETERMINE March 2023 Mental Health Commission Meeting Agenda</p> <ul style="list-style-type: none"> • CHAIR ANNOUNCEMENTS <ul style="list-style-type: none"> ➤ Meeting Ground Rules: No interruptions; Limit two (2) minutes; Stay on Topic; Introduction of new meeting “timer” (on screen countdown) ➤ Welcome Commissioner: Skylar Cribbs • REVIEW/DISCUSS New remote teleconferencing rules starting March 1, 2023 • RECEIVE Presentation: Contra Costa County Office of Education Wellness in School Program (WISP) Presentation – Ade Gobir, MS. Manager, WISP • RECEIVE Presentation – Innovation Project Proposal: Grants for Community Defined Practices, Jennifer Bruggeman LMFT, Program Manager, Mental Health Services Act (MHSA) <15 min> 	

<ul style="list-style-type: none"> • RECEIVE Presentation A3/Crisis Intervention – Chad Pierce, PsyD, CCBHS Chief of Behavioral Health Crisis Services (A3) – <i>Move to April</i> • DISCUSS Possible use of data collection of Mental Health Diagnoses and Substance Abuse from the Detention Centers and updates on ideas for Pro-Bono attorneys to represent the MHC to access this data and work with the County Council and BHS to avoid a conflict of interest between BHS and the MHC – <i>Move to April</i> • UPDATE Anna Roth’s February 2023 Director’s Report - Detention Health monitoring survey conducted January 30-February 2, 2023; Detention Health Audit – <i>Move to Justice Committee</i> • UPDATE on 2023 MHC Site Visits <ul style="list-style-type: none"> ▪ <i>DISCUSS the need to establish an Ad hoc committee for Site Visit Program</i> • UPDATE on initial tasks for the K-12 project <ul style="list-style-type: none"> ▪ <i>DISCUSS the need to establish an Ad hoc committee for the K-12 project</i> • UPDATE 2023-2024 MHC Budget Priorities <i><10 min max with Q&A></i> • RECEIVE Behavioral Health Services Director's report, Dr. Suzanne Tavano <ul style="list-style-type: none"> ▪ Update on Behavioral Health Continuum Infrastructure Program (BHCIP) <p>Agenda items agreed/approved.</p>	
<p>XIV. Adjourned meeting at 5:00 pm</p>	